

THERAPEUTIC MENU 2020 (LIQUID DIET)
(CLEAR LIQUID DIET)
(700 kcal)

MEAL TYPE	FOOD ITEM/S	SERVING SIZE	CALORIES	TOTAL COST
BREAKFAST	Clear Soup	1 cup	-	2.75 SR
	Fresh Apple/Orange Juice	1 plastic bottled (180 ml)	86 kcal	
	Plain Gelatin	1 cup	120 kcal	
	Tea	1 bag	-	
	Bottled Water	2 bottled water (330 ml each)	- 20 kcal	
	Sugar	1 sachet (5 g)	226 kcal	
LUNCH	Clear Soup	1 cup	-	2.75 SR
	Fresh Apple/Orange Juice	1 plastic bottled (180 ml)	86 kcal	
	Plain Gelatin	1 cup	120 kcal	
	Tea	1 bag	-	
	Bottled Water	2 bottled water (330 ml each)	- 20 kcal	
	Sugar	1 sachet (5 g)	226 kcal	
DINNER	Clear Soup	1 cup	-	2.75 SR
	Fresh Apple/Orange Juice	1 plastic bottled (180 ml)	86 kcal	
	Plain Gelatin	1 cup	120 kcal	
	Tea	1 bag	-	
	Bottled Water	2 bottled water (330 ml each)	- 20 kcal	
	Sugar	1 sachet (5 g)	226 kcal	
Total 700 kcal				

THERAPEUTIC MENU 2020 (LIQUID DIET)
(FULL LIQUID DIET)
(1000 kcal)

MEAL TYPE	FOOD ITEM/S	SERVING SIZE	CALORIES	TOTAL COST
BREAKFAST	Strained Oatmeal Hard Boiled Egg Low Fat Milk Plain Gelatin Tea Bottled Water Sugar	1 cup 1 piece (60 g) 1 tetra pak (200 ml) 1 cup 1 bag 2 bottled water (330 ml each) 1 sachet (5 g)	20 kcal 75 kcal 80 kcal 120 kcal - - 20 kcal 315 kcal	3.50 SR
LUNCH	Strained Vegetable Soup Fresh Apple/Orange Juice Plain Gelatin Custard Bottled Water	1 cup 1 plastic bottled (180 ml) 1 cup ½ cup 2 bottled water (330 ml each)	25 kcal 86 kcal 120 kcal 130 kcal - 361 kcal	3.25 SR
DINNER	Strained Cream Soup Fresh Apple/Orange Juice Plain Gelatin Low Fat Yogurt Bottled Water	1 cup 1 plastic bottled (180 ml) 1 cup 1 piece (170 g) 2 bottled water (330 ml each)	75 kcal 86 kcal 120 kcal 88 kcal - 369 kcal	3 SR
Total 1000 kcal				

THERAPEUTIC MENU 2020 (LIQUID DIET)
(COLD LIQUID DIET)
(1500 kcal)
(Tonsillectomy and Adenoidectomy)

MEAL TYPE	FOOD ITEM/S	SERVING SIZE	CALORIES	TOTAL COST
BREAKFAST	Low Fat Milk	1 tetra pak (200 ml)	80 kcal	4 SR
	Fresh Apple Juice	1 plastic bottled (180 ml)	86 kcal	
	Plain Gelatin	1 cup	120 kcal	
	Custard	½ cup	130 kcal	
	Ice Cream (Vanilla)	1 pack (120 ml)	97 kcal	
	Bottled Water	2 bottled water (330 ml each)	-	
			513 kcal	
LUNCH	Low Fat Milk	1 tetra pak (200 ml)	80 kcal	4 SR
	Fresh Apple Juice	1 plastic bottled (180 ml)	86 kcal	
	Plain Gelatin	1 cup	120 kcal	
	Custard	½ cup	130 kcal	
	Ice Cream (Vanilla)	1 pack (120 ml)	97 kcal	
	Bottled Water	2 bottled water (330 ml each)	-	
			513 kcal	
DINNER	Low Fat Milk	1 tetra pak (200 ml)	80 kcal	4 SR
	Fresh Apple Juice	1 plastic bottled (180 ml)	86 kcal	
	Plain Gelatin	1 cup	120 kcal	
	Custard	½ cup	130 kcal	
	Ice Cream (Vanilla)	1 pack (120 ml)	97 kcal	

	Bottled Water	2 bottled water (330 ml each)	- <i>513 kcal</i>	
<i>Total 1500 kcal</i>				